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Appl. No. 10/06,420  
Reply to Office Action of 08/14/2006**AMENDMENTS TO THE CLAIMS:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims**

1-184. (Canceled)

185. (New) A beverage composition, comprising:

- a) from about 4 to about 10 % by weight of a carbohydrate source, said carbohydrate source is a mixture of at least three components selected from the group consisting of sucrose, maltose, maltodextrin, glucose, galactose, trehalose, fructose, fructo-oligosaccharides, beta-glucan, and trioses;
- b) from about 30 to about 60 mEq/L of sodium;
- c) from about 10 to about 20 mEq/L of chloride;
- d) from about 8 to about 20 mEq/L of potassium; and
- e) water,

wherein said beverage composition has an osmolality of about 250 to about 350 mOsm/Kg, and said beverage composition contains an amount of sodium and chloride to cause at least about 80 % fluid retention in a human subject after exercise, and does not have a negative sensory attribute.

186. (New) The beverage composition of claim 185, wherein said carbohydrate source is about 4.5 to about 6.5 % by weight.

187. (New) The beverage composition of claim 185, wherein said carbohydrate source is about 6 % by weight.

188. (New) The beverage composition of claim 185, wherein said carbohydrate source is a mixture of sucrose, glucose, and fructose.

Appl. No. 10/06,420

Reply to Office Action of 08/14/2006

189. (New) The beverage composition of claim 188, wherein said sucrose is about 1 to about 5 % by weight.

190. (New) The beverage composition of claim 188, wherein said sucrose is about 2 to about 4 % by weight.

191. (New) The beverage composition of claim 188, wherein said glucose is about 1 to about 2.5 % by weight.

192. (New) The beverage composition of claim 188, wherein said glucose is about 1.4 to about 2 % by weight.

193. (New) The beverage composition of claim 188, wherein said fructose is about 0.8 to about 1.8 % by weight.

194. (New) The beverage composition of claim 188, wherein said fructose is about 1.1 to about 1.5 % by weight.

195. (New) The beverage composition of claim 188, wherein said sucrose, glucose, and fructose are about 3 %, about 1.7 %, and about 1.3 %, respectively, by weight.

196. (New) The beverage composition of claim 185, wherein said sodium is about 33 to about 40 mEq/L.

197. (New) The beverage composition of claim 185, wherein said chloride is about 11 to about 18 mEq/L.

198. (New) The beverage composition of claim 185, wherein said potassium is about 10 to about 19 mEq/L.

Appl. No. 10/06,420

Reply to Office Action of 08/14/2006

199. (New) The beverage composition of claim 185, wherein said beverage composition further comprises at least one component selected from the group consisting of calcium, magnesium, a flavoring agent, a clouding agent, and citric acid.
200. (New) The beverage composition of claim 199, wherein said calcium is about 0.1 to about 6 mEq/L.
201. (New) The beverage composition of claim 199, wherein said calcium is about 0.5 to about 6 mEq/L.
202. (New) The beverage composition of claim 199, wherein said calcium is about 1 to about 3 mEq/L.
203. (New) The beverage composition of claim 199, wherein said magnesium is about 0.1 to about 6 mEq/L.
204. (New) The beverage composition of claim 199, wherein said magnesium is about 0.5 to about 6 mEq/L.
205. (New) The beverage composition of claim 199, wherein said magnesium is about 1 to about 3 mEq/L.
206. (New) The beverage composition of claim 199, wherein said flavoring agent is about 0 to about 0.4 % by weight.
207. (New) The beverage composition of claim 199, wherein said flavoring agent is about 0 to about 0.2 % by weight.
208. (New) The beverage composition of claim 199, wherein said clouding agent is about 0 to about 100 parts per million.

Appl. No. 10/06,420  
Reply to Office Action of 08/14/2006

209. (New) The beverage composition of claim 199, wherein said clouding agent is about 0 to about 50 parts per million.

210. (New) The beverage composition of claim 199, wherein said citric acid is about 0.24 % to about 0.45 % by weight.

211. (New) The beverage composition of claim 185, wherein said beverage composition is a concentrate.

212. (New) A beverage composition, comprising:

- a) a mixture of about 3 % by weight of sucrose, about 1.7 % by weight of glucose, and about 1.3 % by weight of fructose;
- b) about 30 mEq/L of sodium;
- c) from about 10 to about 20 mEq/L of chloride;
- d) from about 8 to about 20 mEq/L of potassium; and
- e) water,

wherein said beverage composition has an osmolality of about 250 to about 350 mOsm/Kg, and said beverage composition contains an amount of sodium and chloride to cause at least about 80 % fluid retention in a human subject after exercise, and does not have a negative sensory attribute.